

The Moscow Technological college N28

project

“A Norwegian recipe book”

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# The Relevance of the Project

- I'd like to become a highly-qualified cook and a well-educated person.



# The Aim of the Project

- To improve professional English and professional knowledge



# The Tasks

- To explore national features of Norwegian cuisine
- To explore Norwegian recipes and the technologies of their cooking
- To learn necessary professional terms and expressions in English
- To improve English grammar

# The Steps

1. I chose the national cuisine.
2. I explored national features of Norwegian cuisine.
3. I chose 2 recipes of national dishes and explored the technologies of their cooking.
4. I made a summary of the information and selected some photos.
5. I checked English grammar and selected some photos.

# National features of Norwegian cuisine



The main components of the Norwegian cuisine are fish, meat and dairy products. Fish and seafood are the most important part of Norwegian food. The herring are salted, pickled, dried and soured. Norwegian cuisine is worldwide known for smoked salmon. Herring, cod, sardines, mackerel are very popular. Porridge and other cereals are also likely.

# Norwegian recipes:

## Cod soup with vegetables in Norwegian

### Ingredients:

- Carrot-3 pieces
- Onions – 2 heads
- Greens-1 bundle
- 3 garlic cloves
- Wheat flour-1 tablespoon
- 30 g butter
- Tomatoes-200 g
- COD-1 kg
- Wine White dry-3 tbsp
- 2 tablespoons cream
- Salt-to taste
- Freshly ground white pepper-to taste



# Preparation:

- Rinse the fish and cut into chunks. Pour over the fish with cold water and bring to a boil. Remove the foam and cook for 5 minutes.
- Peel the onions, carrots and add to the broth. Add salt and simmer for 30 minutes. Get it, chop the onions and carrots in a blender and put back into the broth.
- Fry the flour in butter. Add the crushed garlic.
- Add the garlic-butter sauce in broth. Bring soup to a boil.
- Pour the wine into the soup.
- Peel the tomatoes, cut into cubes and add to soup. Salt and pepper and cook for 7 minutes.
- Pour the cream in fish soup and remove from heat. Sprinkle with chopped Greens.



# Norwegian recipes:

## Norwegian salad with apples and cheese

### Ingredients:

- Herring - 2 PCs.
- Black bread -200 g.
- Cheese - 300 g.
- Apple - 2-3 PCs. (middle).
- Bow - to taste

### Sauce: (to taste)

- vegetable oil
- vinegar
- mustard



# Preparations:

- Cleanse herring and cut it into cubes 1 x 1 cm.
- Cut black bread into cubes 1 x 1 cm. and fry them in vegetable oil until crisp.
- Grate the apple and cheese into fine grater.
- Chop the onions.
- All prepared ingredients are combined together and dress with the sauce.

# Conclusion

- Norwegian cuisine is rather specific. It is not good for everyone. It is preferred by those who like fish and seafood. People, having an allergy for fish, can't eat Norwegian national dishes. Nowadays Norwegian national cuisine is influenced by European trends of cooking and preferences in foods.

